

What to expect when you visit Breathe Pilates Place

Since the mandatory statewide closure due to COVID-19 we want to assure we that we are taking the health and safety of our clients & independent contractors very seriously. Our standards are above and beyond what is mandated by state requirements. These rules are mandatory and non-negotiable for semi-virtual and in-person studio classes. If they do not fit your current needs we will be happy to have you join us in a virtual class or in the future when it is SAFE FOR ALL PARTIES to relax these restrictions.

There are many new safety precautions and sanitation measures that we have implemented. Below is an overview of what you can expect when visiting Breathe during a fitness class.

BEFORE YOUR CLASS OR PRIVATE SESSION: New 2020 waiver must be signed and on file. Agreement to conditions on page 2 will be part of booking each class. Classes must be booked online by the client and held with a credit card.

Please arrive on time. Late arrivals may not be admitted to semi-virtual groups and will forfeit the class. If you are earlier than 5 minutes please remain in your car. Please text or call your instructor upon arrival and they will let you know when to proceed to your assigned entry door.

The lobby is closed. Clients may not enter the teaching space. The water cooler is not available. Please bring your own filled water bottle.

DURING YOUR WORKOUT:

All of our equipment has been wiped down with an EPA approved cleaner prior to your session. Breathe will provide disinfectant spray should anyone want to personally clean equipment.

Do not share equipment with anyone. Place all used items aside for cleaning. Be courteous of others by giving them a minimum of 6 feet space.

The use of masks are required AT ALL TIMES inside the building. If you arrive without a mask you may purchase one from our lobby for \$10 and it will be charged to your card on file. If you need to remove your mask for any reason please use the restroom or exit the building first.

Your class will last exactly 50 minutes and then we ask that you leave promptly so that the instructor can clean your props. Your shoes and any limited items you bring in with you will go in the cubbies in your studio space. Please limit social interactions to the parking lot outside of the building with 6' minimum physical distancing and wear a mask to protect those you speak with.

Pilates (grippy) socks are now required on the studio floors and equipment. We have some available for purchase in case of emergency.

By signing up for a class you agree to the following:

I willingly agree to wear a face covering that will remain over my nose and mouth during the time I am inside of the Breathe studios and when meeting my instructor for screening.

I willingly agree to be screened by Breathe staff using touchless infrared thermometer and pulse oximeter prior to class and understand I will be denied entrance to classes and a credit placed on my account if results are outside of pre-set guidelines.

I willingly agree and affirm that I have not been ill or around someone who has been ill in the past 14 days.

I will notify Breathe Pilates Place a minimum of 24 hours prior to class if my exposure status has changed since booking my appointment.

I willingly agree that if I have traveled outside of the State of Maryland, the Commonwealth of Virginia, or the District of Columbia I will wait 14 days to participate in semi-virtual or in-person studio classes.

I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the studio management and the instructor immediately.

Name of client/participant: _____

Client/participant signature: _____

Date signed: _____